

MENUS FOR SEPTEMBER 2017

Lynchburg City Schools
Hutcherson ELC



This institution is an equal opportunity provider. Menus are subject to change.

BREAKFAST

*A separate
breakfast menu is
published on the
School Nutrition
webpage of the
Lynchburg City
Schools website.*

www.lcsedu.net

Friday, September 1

EARLY DISMISSAL

Lunch Entrée

Turkey & Cheese Sandwich

Lunch Sides

(All Included)

Crispy Baby Carrots

V-blend Juice

1% or Fat Free White Milk

NUTRITION TO GO

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight. Try this cool experiment with your whole family: count the calories in everything you eat and drink for one day - you might be surprised at the total.

A QUICK BITE FOR PARENTS



**NO SCHOOL
MONDAY,
SEPTEMBER 4**

Tuesday, September 5

Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

Lunch Sides

(All Included)

Steamed Broccoli

Diced Pears

1% or Fat Free White Milk

Wed., September 6

Lunch Entrée

Baked Chicken w/Bread Stick

Lunch Sides

(All Included)

Green Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

Thursday, September 7

Lunch Entrée

Creamy Macaroni & Cheese

Lunch Sides

(All Included)

Steamed Sweet Green Peas

Juicy Apple Slices

1% or Fat Free White Milk

Friday, September 8

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Romaine Garden Salad

Diced Peaches

1% or Fat Free White Milk

Available Daily for Lunch

**Ham & Cheese Sandwich
OR
Turkey & Cheese
Sandwich**

School Lunch includes:

Entrée

Serving of Vegetable & Fruit
8 fl oz Fat Free or 1% Low Fat Milk

Monday, September 11

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Steamed Broccoli

Applesauce

1% or Fat Free White Milk

Tuesday, September 12

Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides

(All Included)

Romaine Garden Salad

Sweet Strawberry Cup

1% or Fat Free White Milk

Wed., September 13

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

Thursday, September 14

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

Steamed Sweet Green Peas

Pineapple Tidbits

1% or Fat Free White Milk

Friday, September 15

Lunch Entrée

Turkey & Cheese Sandwich

Lunch Sides

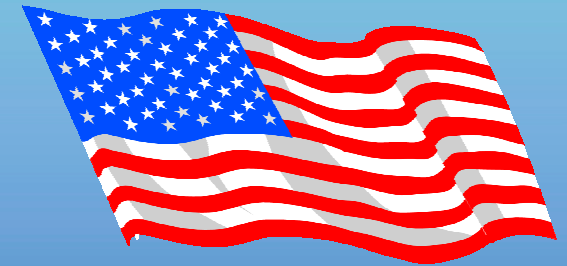
(All Included)

Crunchy Baby Carrots

Diced Pears

1% or Fat Free White Milk

September 11, 2001



*In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.*



**What's on
YOUR
plate?**



Serves you right!

MyPlate.gov advises us to eat at least 1½ - 2 cups of fruit a day. **But what exactly makes a cup?** This month, let's look at FRUIT. Each of these equals 1 cup of fruit:

- One large apple, banana, orange, peach or pear
- 30 or so seedless grapes
- 8 large strawberries
- 1 cup of 100% fruit juice

And each of these equals ½ cup of fruit:

- 1 four-ounce snack container of applesauce
- 1 medium cantaloupe wedge
- 6 watermelon balls
- 1 small box of raisins
- 1 large plum



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

I am the letter

Y



yak

**No application
necessary for kids
to sit at our table.**

All of our complete meals are always **NO CHARGE** for all students with no need to submit an application, thanks to the Community Eligibility Program!

STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food – like chips, pizza, soup, and even bread!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, September 18

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Lima Beans

Mandarin Orange Sections

1% or Fat Free White Milk

Tuesday, September 19

Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

Lunch Sides

(All Included)

Steamed Broccoli

Diced Pears

1% or Fat Free White Milk

Wed., September 20

Lunch Entrée

Baked Chicken w/Bread Stick

Lunch Sides

(All Included)

Green Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

Thursday, September 21

Lunch Entrée

100% Beef Patty on WG Bun
Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

Steamed Sweet Green Peas

Juicy Apple Slices

1% or Fat Free White Milk

Friday, September 22

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Romaine Garden Salad

Diced Peaches

1% or Fat Free White Milk

Monday, September 25

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Steamed Broccoli

Applesauce

1% or Fat Free White Milk

Tuesday, September 26

Lunch Entrée

All Beef Hot Dog on WG Bun
Served with or without Chili

Lunch Sides

(All Included)

Southern Baked Beans

Sweet Strawberry Cup

1% or Fat Free White Milk

Wed., September 27

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

Thursday, September 28

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

Steamed Sweet Green Peas

Pineapple Tidbits

1% or Fat Free White Milk

Friday, September 29

Lunch Entrée

Turkey & Cheese Sandwich

Lunch Sides

(All Included)

Crispy Cucumber Wheels

Diced Pears

1% or Fat Free White Milk